



Wey Kayak Club

Christmas 2010

www.weykayak.co.uk



Chairman's Christmas Chat

We can reflect on another successful season at the Club. Once again our coaching staff and volunteers have provided a solid background to all our activities, and we thank them for this. As a club with BCU 'Top Club', and Sport England 'Club Mark' status, the canoeing world recognises the high standard coaching and club structure that exist at Wey. We have submitted an application for the new, inclusive 'Top Club Gold Award'. We wait for confirmation. All our coaches have been asked to keep themselves updated with their CRB check.

I am sure that you all appreciate how much the Club values its volunteers and volunteer coaches.

If we put a value to the time and travel cost for all the volunteers, I am sure we would be adding £20k to both sides of the balance sheet!!! The Club does, however, put into its budget a large sum of money each year to pay the course fees in order that coaches can keep up to date and reach their goals in qualifications. It also covers the costs of the volunteers who attend courses on Club Management, Health and Safety and Protection etc.

In addition to this, the Committee, as a small thank you, would like coaches and helpers to have a cup of tea(or coffee) and a bit of cake(or bacon roll) 'on the Club' at the weekends when they come down to run a session or help at an event.



I have been delighted to see the Gym being put to such good use, and the MSTG gaining real benefit from it. You may be approached by outsiders to use the Gym, when they realise we have such an excellent facility. All Gym users must be a member of the Centre's Member Clubs, i.e. WKC, BSCA or MSTG. So if you have somebody who wants to use the Gym, then they must join us as a full member.

With winter training well under way, please be aware that at this time of year, conditions on the river can be difficult. Do not forget that Juniors can only paddle if they are under a coach's control, and should never go on the water alone, especially in difficult conditions. The

Club's Risk Assessment is on the website. This appears to be a lengthy document, but it does cover all our activities and we would ask everybody to read it, so they know the safety systems that we operate under.

The **Club Dinner** this year is set for **Saturday December 11th**. We have fixed the price for all, at £12.50. Full details will be posted at the Club and sent to you by e-mail. Sonja Freebody is taking the bookings so please leave an envelope with a cheque for her at the Club, or give it to a Committee Member. We can only sit 100 in the Main Hall, so please book early to ensure your seat for this fun evening. Sorry, no booking without payment. Closing date at the Hare & Hounds on 5 December.



The **AGM** is set for **March 3rd 2011** at 20.00. Please note in your diaries. We always want the Committee to reflect the views of the members, of course, so if you would like to propose and second a member to stand as an Officer or Member of the Committee please send you nominations to the Secretary by 17 February.

At the AGM we will of course be presenting the Club Trophies. **Will all the winners from last year please return these to Jim by the Hare and Hounds on January 16, so we can get them engraved.**

The GWC Trustees, of which David Kitching and myself are the 2 elected Trustees from the Wey Kayak Club, have been considering, the need to clear the current debt we have in the way of loans for the construction of Phase 2 of the rebuilding project. That is the gym and boat sheds; our K2 shed and the Divers shed. The responsibility for the repayments lies with the WKC and GBSAC, the MSTG(G) having provided a significant amount at the construction stage, of Phase 2.



The loans, with interest to pay, amount to about £100k. The current fundraising efforts, including the GWC 400 Club, are keeping pace with the interest, but are not making inroads into the capital repayment as fast as we would like. It is now the target of the GWC Trustees to pay this amount off in 5 years with a fair allocation of the debt repayment between the WKC and the GBSAC. A final plan to achieve this is yet to be agreed. As such, fund raising becomes a club rather than a centre focused activity.

For the first payment from the WKC, the Committee has agreed to pay £10k from our reserves this year. For 2011, to meet both the debt repayment and other increased costs, we intend to increase all club fees for 2011, by £5.00. (There was no rise in 2010).

The **2011 Membership Form** is attached. The fees reflect what the Club and the GWC has to offer. I am sure that you will agree that you are receiving very good value for money. Do not forget that the club pays for your Wey Navigation river license, in the fee we pay to the BCU. It also pays for the Youth Section registration, so that all junior beginners are covered by the BCU insurance, without having to pay an individual BCU membership fee. We do also have to pay a fee for all non-BCU senior members, so that they are covered by the BCU Third Party insurance. This sum appears as an additional item on the Fees form. Please remember, if you have not paid this small extra amount and you have any problem while canoeing, or are on Club activities, you will not be covered by the BCU insurance. If it helps, you can pay your fees with up to 4 posted dated cheques.

We have to make a 6 monthly return to Sport England as part of our contract for the funding we received, and our Top Club status. It will help us very much if you can tick/fill in the boxes in the **Sport England** block on the Membership Form.

PLEASE make sure that you put a contact e-mail address on the membership form, so we can send you the Newsletters and any other information about the club, as quickly as possible.

ALL Juniors **must** get their parents or guardians to complete the consent section on the back of the Membership Form. This is a condition of membership.

Many of our new members will have taken out membership of the Club during 2010, and paid a full years' fees from the month when you joined. To bring you in line with the Club's year to the end of 2010, you are only asked to pay a balance of the 2011 fees. 1/12 of the full year for each month owed. For those who fit into this group, please indicate this on your Membership form and pay the appropriate reduced fees.

You will notice on the bottom of the Membership Form that Annie Welch is the Club's **Welfare Officer**. Please contact her if you have any concerns about welfare. We take seriously the need to safeguard and protect children, vulnerable adults, indeed anyone using Club facilities.

The coaches have decided to continue with the successful structure for novices coming to the club for the first time. We have increased the Introductory Training from 4 weeks to 5, to allow an additional session in the canoe. We have yet to decide if we are offering testing for those who wish to gain a Star Award. This had a limited take up this year. All the sessions have small targets of achievement, on a structured basis. This allows more helpers to fit in on the day to help run the sessions.

Do not forget the **Boxing Day Paddle, 26th December**. Meet at the Club at 10.30 for an 11.00 departure, for a paddle up to the Parrot at Shalford and back. Fancy dress optional, but welcome!!

In 2011 we will again be posting the Newsletter on the website, sending it to all the e-mail addresses we have and not sending it in the land mail. Please make full use of the website, which is continually updated by Richard Cawthorn, with photos by Antony Edmonds.

Would all juniors please make sure that your parents read this newsletter, so that they know what is happening at the Club.

We hope the weather holds for us to use the booked dates for the Hare & Hounds. Fingers crossed.

Do not forget to check the website on the Saturday before for any late decision regarding conditions on the river and the next/spare date.

The Commodore, and all the Committee, hopes you have an enjoyable time over Christmas, and the New Year, and we look forward to good paddling, and a great facility in 2011. *Jim Rossiter*

Hare & Hounds



*Remaining dates: **28 Nov, 5 Dec, 16 Jan, 11 Feb**. The "Dash-Hound" for U14 novice paddlers will take place on the same dates. Look out for details.....*

Race Reports

September 4th and 5th was when the last National Regatta of the sprint season 2010 took place at the NWSC, Nottingham. This was the BCU Open National and Class Championships.

Congratulations to the six paddlers who achieved end of season promotions:

There were many Wey medal winners and National Champions. Of particular note; Jack Childerstone collected Gold in U14 K1 and K2

1000, 500 and also in K4 1000 (Ed Haws was also in crew). Luke Lipscombe and Elliot Davis won Gold in C2 1000 and 500. Many congratulations to them, especially as this was an U16 canoe class so many competitors were somewhat older. See website for full results.

Fay Lamph	Womens B
Richard Lipscombe	Mens B
Peter Grimshaw	Mens C
Vicky Croucher	Girls A
Jack Childerstone	Boys A
Oscar Hodgson	Boys B

The **Marathon World Championships** in September saw four Wey paddlers take to the water in Banyoles Northern Spain.

First of the Wey paddlers to race was myself and Alice Haws in the junior ladies K2 category. We didn't get the best of starts but managed to work our way back up to and into the second group of five. By the third portage we managed to break away from the rest of the group along with the Swedish crew, racing for the bronze medal. The Swedish crew proved stronger than us across the last portage, leaving us to take the 4th position. Next was Claire Gunney in the senior ladies K1 race. Claire had a brilliant race, climbing up positions throughout the race, crossing the finish line 8th. After her worlds result and two impressive worlds cup results Claire is 2nd in the ICF rankings for 2010.

The last race of Saturday on course was the senior men's K1 event with Wey paddler Jon Simmons lining up alongside team GB mate Ben Brown (ELM) on the start line. Jon had a consistent race, crossing the line in 12th position; his first K1 performance in a senior world championships race. Ben Brown crossed the line 1st as a new world champion for Great Britain. *Vicky Croucher*



*Christmas Cards
Antony Edmonds
seasonal, local
views.
Available for sale
at the Clubhouse.
Proceeds towards
paying off the
loans*



Wey Triathlon

Once again a large field of brave (and possibly mad) competitors took to the river and streets of Guildford to rise to the challenge – 5.5k paddle, 14k cycle, 5k run. Not only is this undertaken for fun (?) it also raises funds to support the great work of the Samson Centre. Congratulations to the Class winners and all who took part either as individuals or as part of a team. Grateful thanks go to Kathryn De Ferrer for her hard work organizing the event and also to the team of helpers that enabled the event to happen. This year an U14 biathlon was held alongside the main event. See website for full results.



U14s News

There is now a large group of enthusiastic and talented U14 paddlers, who, with the assistance of their dedicated coaches headed up by Pam, are keen to develop their skills and many of them have been experiencing a taste of competition. They have also been receiving World Class guidance in technique from our own European and World Championship medal winners, Rachel and Liam. Here is a taste of what they have been up to.....

Ten of our U14's (plus Max J) bravely competed in the **Richmond Hasler**. They all took it very much in their stride. Kuba Cranmer & Alex Bicknell raced the U10 lightening Race coming 3rd & 4th! Josh Snell, Jack Oliver & Rian Butler raced the U12 all doing incredibly well, Rian getting 2nd place. Matt Esselens & Charlie Singleton raced the U12, K2 & looked like they had been paddling together for years rather than weeks! Alice Fellows & Ella Jamieson paddled U10, K2 & looked very comfortable together, coming 3rd. Max J did really well in Div 9 coming in 1st placed Canoe. Well done guys! *Pam Jamieson*

I was a little more confident because it was my second race so I knew more what I was doing, but I still felt a little nervous.
At first I thought that I wouldn't be able to keep up with them, but I managed it by conserving my strength 'till I got round the second island and past the bridge.

I now see what they meant by river congestion!
I really appreciate the support I was given - thanks to all the people cheering me on - I managed it.

I would recommend racing to everybody out there, it's incredible fun! *Kuba*



'Kayak races are really good fun because you are racing with all your friends and just competing against yourself. When I did my race it was really good because when I got into town people were there looking and cheering and shouting nice things!' *Isla Ward*



Your Club Needs You !

Calling all Wey Kayak members we need your help !

When:

Saturdays :12-2pm serving up bacon butties, taking money, general help in the kitchen.

Events : Like the H&H's ,same thing general help in kitchen.

What:

If you can't help in the kitchen but still would like to help the club you could make a cake to be sold on a Saturday or at an event. We are happy to pay £4 towards the ingredients.

If kitchens & cakes aren't your thing we always need timekeepers, marshals & general help at race events too.



Why ?

All monies taken will go to club funds to replace & repair boats & equipment, general upkeep & pay back loans etc.....

If you can help in any way please e mail Pam social_sec@weykayak.co.uk

*Or sign up on the "help" rota at the back entrance on the Wey notice board, or speak to coaches or anyone on the committee. **THANK YOU***

more secure bike shed with roof –
Please use it

Indoor circuit training on Thursdays – speak to your coach for details/times.



Event Calendar

Reminder: We now have a

Nov	20/21	Indoor Paddling Championships (Edmonton Stadium)
	28	Hare and Hounds 2
Dec	5	Hare and Hounds 3
	11	Wey Christmas Dinner
		CALENDAR 2011
Jan	9	Frank Luzmore K2
	16	Hare and Hounds 4
Feb	13	Hare and Hounds 5
	27	Waterside A
Mar	6	Thameside 1
	13	Waterside B
	20	Thameside 2
	27	Waterside C
April	3	Royal K1/K2
	10	Waterside D
	16-17	BCU National Sprint Regatta NWSC, Nottingham
	22	Devizes to Westminster



**Wey Kayak
Christmas Dinner**
on
Saturday 11th December
7 for 7.30-11pm
Spiced Festive Hot & Cold Fork Buffet

Tickets £12.50 per head
Buy your tickets from Sonja Freebody on
Thursday club nights & Saturday mornings.
All welcome, tickets sold on first come first served
basis,
Tickets requested after 5th December £15 per head
Or e mail Pam on social_sec@weykayak.co.uk
for more details.

Dress code : Smart/Party

Christmas Canoe Conundrum!

Y S M F O M H N D Y C Q H B S
 C P F Y F A D A O D N F C P L
 N R G P G C Y E W H N W R D O
 A I S L O G N O L H T A I R T
 Y N R G T R T K N D Y A S K G
 U T E E Q E T F A D D C R W P
 O P V R I G Q A E Y I A A A G
 B Z I G C O V C G P A N P F M
 M P R O Y R K H M E F K Y A I
 J V N N L X A Y A T O R Q W Z
 C J Z A D S L C O C K P I T B
 D T N I L O U N C G Q M V C I
 Q A R E D D U R W V D C U F S
 C U R I H O G F U R P O E V M
 X A Q F N J C A N O E G M T P

BCU
 BOUYANCY
 CANAL
 CANOE
 COCKPIT
 ERGO
 GYM
 HASLER
 KAYAK
 MACGREGOR
 MARATHON
 OLYMPICS
 PADDLE
 PORTAGE
 RIVER
 RUDDER
 SPRAYDECK
 SPRINT
 TRIATHLON
 WEY



Please note that the Waterside Centre first aid box is kept by the telephone near the back door of the club house. It is kept stocked. Paddlers, if you know you need to cover a cut/wound BEFORE going on the water, please try to remember to bring the appropriate dressing from home. There is a small supply for the ODD occasion when you

forget.

(Check out the Wey [website](#) for some useful information on Leptospirosis)